

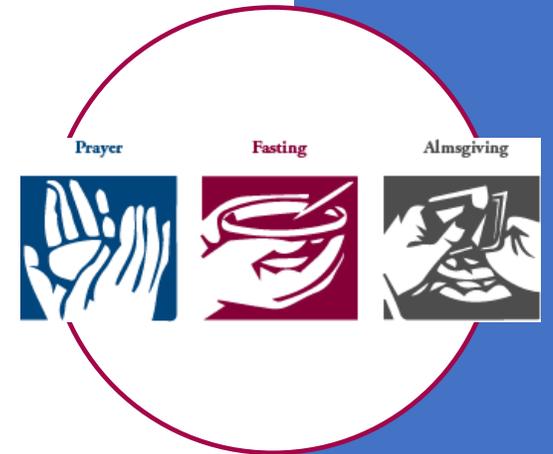


The Journey of Detachment

“Take heed that you do not do your charitable deeds before men, to be seen by them.” – Matthew 6:1

Introduction

- The journey of life is one of detachment
- What are we really attached to?
 - “Naked I came from my mother's womb, and naked shall I return there...” (Job 1:20)
- Three Tools for Detachment
 - Prayer
 - Fasting
 - Almsgiving



Prayer

- The time of prayer is healing
- We learn to detach from the past and future
- **Screwtape Letters**
 - *“...to detach him from the Enemy (God), you want to detach him from himself.”*
(CS Lewis)

Prayer

- “But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.” (Matt. 6:6)
- “Now when all things are made subject to Him, then the Son Himself will also be subject to Him who put all things under Him, that God may be all in all.” (1 Cor. 15:28)

Fasting

- In fasting we learn to detach from pleasure
- *“...everyday we should partake of just enough food to allow the body, being fortified, to be a friend and helper to the soul in performing the virtues. Otherwise with the body exhausted the soul may also weaken.”* (Seraphim of Sarov)





St. John Chrysostom

“Your body is given to you so that you may nourish it, not so that it may burst. Your body is given you that you may rule it, not so that you may have it as a mistress. It is given that it may serve you for the nourishment of the other members, not so that you may serve it. Do not exceed these bounds. The sea in flood does not so much harm to the boundaries as our belly does to our bodies and our souls. The flood overwhelms only part of the land. The god of the belly overwhelms the whole body. Set self-constraint as a bound to it as God sets the sand to the sea.”

Almsgiving

- Aids us in detaching from the pursue to worldly possession.
- *“No amount of piety in his imagination and affections will harm us if we can keep it out of his will. As one of the humans has said, active habits are strengthened by repetition but passive ones are weakened. The more often he feels without acting, the less he will be able ever to act, and, in the long run, the less he will be able to feel.” (CS Lewis)*

Conclusion

- Our life's journey, like the journey of the Great Fast, is one of detachment.
- "...your Father who sees in secret will Himself reward you openly." (Matt. 6:4)

